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THE MANAGEMENT OF THE GOUT,

In DIET, EXERCISE, and TEMPER;

WITH

The VIRTUES of BURDOCK Root,

TAKEN IN THE MANNER OF TEA:

First us'd in the Year 1760; in the Author's own Caſe;

And ſince in many other ſucceſsful Inſtances, to the preſent Time.

By J. HILL, M.D.
MEMBER OF THE IMPERIAL ACADEMY.

THE EIGHTH EDITION,
CORRECTED AND ENLARGED.

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1771.

BRITISH MUSEUM

THE MANAGEMENT OF THE GOUT.

INTRODUCTION.

IT were idle to reaſon about the gout; ſince we confeſs we do not underſtand it: but it may be uſeful to others to know how I have ſoftened the agony of the fits; improved the health of intervals; and perhaps prolonged them: as alſo to be informed of an herb equally ſafe and effectual; to which, (though hitherto unknown in this diſeaſe) I owe a great part of the benefit.

THIS is the purpoſe of the enſuing treatiſe.

IT is the beſt praiſe of a phyſician to ſeek new remedies for diſeaſes which have baffled the medicines already known: and 'tis his duty, if he have been ſo fortunate to diſcover any, to give them freely to the public.

THIS was the opinion of thoſe generous and honeſt antient times, when the great father of the art, having cured a deſperate malady, hung up his votive tablet in the temple of Æſculapius; and with his ſucceſs told the world the medicine. This raiſed the name of the profeſſion into honour: and on theſe principles ſucceeding phyſicians ſaw ſtatues riſe to them while living; and emperors (in gratitude for their own health, and a people's) place them beſide thoſe of the tutelary god.

THOSE antient phyſicians were moſt happy in their obſervations on the ſick; and worthy of all praiſe for their integrity,

grity, in relating the events of their diſeaſes; which they did with equal freedom, whether proſperous, or unhappy. 'Tis from them we are to learn the courſe of nature in ſickneſſes; and thoſe happy remedies which nature has afforded for them, are beſt traced in theſe, who wrote before the poiſons of chemiſtry were known: they had ſingle and certain remedies for diſeaſes; and they call'd them by their names. Our jumbles of preſcription are equally confus'd, ſecret, and uncertain.

THE gout, an offspring of luxury, has increaſed among us with the poiſonous arts which feed its parent: and medicine does, and I am afraid will do, but little toward its cure. Even this remedy, which I have found ſo uſeful, is only palliative.

THREE things are eſſential to the ſoftening of the ſymptoms; good digeſtion, free circulation, and open perſpiration. Diet, exerciſe, and a quiet mind will do more toward obtaining theſe than the compoſitions of the apothecary: and the

higheſt praiſe I give the ſimple medicine I ſhall propoſe, is, that it aſſiſts in ſtrengthening the ſtomach; and opening obſtructions.

THIS will blunt the ſting of the diſeaſe: and that is all the afflicted can yet expect. Abſolute remedies have been propoſed, but they have diſgraced even the moſt diſtinguiſhed names by which they have been patroniſed. Cheyne loſt credit by believing SULPHUR would cure the gout; and Dolæus has been the innocent cauſe of many deaths by his milk diet.

KNOWLEDGE, or accident, may at ſome future time diſcover a remedy; but hitherto the poet, who ſays, medicine cannot cure the gout, ſpeaks of it more truly than its profeſſors who have thought the contrary.

CHAP.

CHAP. II.

The hiſtory of the Gout.

THE earlieſt medical writers name the gout as a common, an inveterate, and an incurable diſeaſe. More than two thouſand years ago we read of it in Greece; and of the ineffectual labours of phyſicians for its relief: from that time to the preſent the ſame accounts are given of its ravages in the human frame: and in all countries it has made its appearance with luxury; and increaſed with it. 'Tis not a wonder the ſavage life knows little of the diſeaſe: for in the moſt civilized nations, and moſt voluptuous, even in Britain, thoſe who live by labour, and cannot purchaſe delicacies, are uſually exempt from its tyranny.

THIS hiſtory of the gout leads us towards its cure: if luxury and indulgence be its parents; abſtemiouſneſs and exerciſe muſt prove the remedies. On this has been founded the ſcheme of vegetable and

and milk diets: but haſty thoughts do not conſtitute the phyſician's knowledge. Nature will not bear violent changes: and thoſe often periſh by worſe diſeaſes, who thus attempt the cure of this. If they can bear the meagre regimen, the firſt return to richer food deſtroys them.

If the Romans ſuffered leſs than we by this diſeaſe, even when they were abandoned to the moſt abominable luxury, it was becauſe they uſed more exerciſe: this aſſiſted at once digeſtion, circulation, and perſpiration: and if we in England now feel more of it than was the lot of our fathers, it is becauſe we are not only more voluptuous, but lazier.

We ſee by what means the gout may be acquired: and that it often is hereditary, is moſt certain. Children naturally lead the lives of their fathers: and the effect of high food, and too much eaſe, ſtrengthen the taint which has been tranſmitted from the parent; nay thoſe who are abſolute as to hereditary gouts, do not ſuppoſe

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the diſeaſe deſcends from father to ſon always in that proper form: the celebrated Engliſhman who eſtabliſhes this diſtinction, and diverſifies the regimen according to it; ſuppoſes the hereditary taint may often be a mixture of ſcurvy, pox, and ſtone; as well as a pure gout.

THAT the gout and ſtone are greatly allied, appears indeed moſt certain: and if ever a cure for the one be found, perhaps we ſhall not long want it for the other. The Burdock tea, from which I have received ſo great benefit, is equally uſeful againſt both, though it be a cure for neither. Poſſibly it may have power to prevent both, in thoſe naturally ſubject to them, if taken early, and for a length of time: at the worſt, no danger can attend the trial; and if this ſhould be the caſe, the advantage will be ineſtimable.

ALTHOUGH rich food, little exerciſe, and ſorrow, may often in time bring on the gout originally; they have not this effect univerſally. Colds bring on fevers,

but

but not always: and even in the moſt contagious diſeaſes ſome are free.

THE body is framed differently in various people; and to this 'tis owing, that the ſame cauſe has various effects on different perſons; or, according to their various conſtruction, it has greater, leſs, or none.

WE ſee by the courſe of life, and its conſequences in different perſons, that all are not equally liable to the gout: and it will be uſeful to find who are moſt, who leaſt ſo; that men may guard moſt carefully where there is the greateſt danger.

EXPERIENCE ſhews, and the greateſt names confirm it, that men moſt ſubject to the gout are thoſe who have the ſolids firm, and the extreme veſſels of the body ſmall.

THIS is a conſtruction of the human frame that gives the greateſt natural vigour: and it is therefore thoſe who have the

the gout are, in general, (if it may be permitted one of them to ſay ſo) otherwiſe the moſt hearty of their ſpecies; ſharp, diſcerning, and ſenſible; of ſtrong underſtandings, and ready apprehenſion: but too much ſubjected to the empire of the paſſions; becauſe they poſſeſs a quick ſenſe of whatſoever is great or good, affecting, or pleaſing.

LET our brothers of the world allow us this prerogative. Nature, who has joined to the gout an almoſt entire exemption from the tyranny of other diſeaſes, has impoſed the full price on her favours, in the agonies of this.

CHAP. III.

The occaſions of the Gout.

THO' we acknowledge great ignorance in regard to this diſeaſe, it may be proper to lay before the reader, who has not ſtudied medicine, what is moſt plain or probable concerning it: that he

may underſtand how the diet and remedy to be propoſed may beſt obtain their effect.

The gout oftener attacks the *beſt conſtitutions*, and is moſt violent in the ſtrongeſt. We bring the ſeeds of it often into the world with us, together with the materials of that ſtrength; and though intemperance encreaſes it always, and often brings it on before its time; no regularity of life can obviate its appearance, where there is that parental taint, at ſome time or other. Will any conduct, any application of the powers of the mind, or any regimen of life and diet, keep the man always ſober, in whoſe family there is *hereditary madneſs?* Has any one ſeen *hereditary Leproſies* kept from appearing to the lateſt generations? Men therefore ſmiled with equal reaſon at the venerable and honeſt antient, who thought the Gout was not hereditary; and thought it could be cured. We have ſeen Inſanity dormant for two generations; and Leproſies for three or four; but never failed to ſee them both appear again in the unhappy deſcendants of

ſuch

ſuch as in themſelves had the good fortune to eſcape them; and where they do appear, they are equally incapable of perfect cure.

IRREGULARITIES of life will promote and encreaſe them; but no care will perfectly prevent their appearance: no medicine entirely drive them from the conſtitution.

OUR nouriſhment, and moſt of all the richeſt kinds of it, abound with hard parts; which paſs the ſmalleſt veſſels of our bodies difficultly: and yet they either muſt paſs, or by ſtopping in them bring on diſorders.

IN men, whoſe ſolids are ſoft, and eaſily diſtended, theſe ſmalleſt veſſels (whoſe coats are made up of thoſe ſolids) are readily ſtretched ſo far as is neceſſary to give ſuch parts of our food their paſſage: and thus debauchees in every ſenſe, may, with certain conſtitutions, eſcape the gout; and

in

in thoſe who have theſe ſmall veſſels naturally of a due dimenſion to let ſuch hard parts paſs, there needs not any thing of that ſtretching here mentioned: for they go off naturally and freely, becauſe they are not over-proportioned to the veſſels which are to give them way.

In both theſe kinds of conſtitutions, exceſſes of living, great paſſions, and even lazineſs withal, may be indulged without danger of the gout. But let not ſuch perſons therefore give a looſe to luxury; for it has other attendants which are at leaſt as terrible.

On the other hand, in men whoſe ſmalleſt veſſels are naturally narrower than uſual, and in whom they have their coats too firm for this eaſy diſtention or ſtretching, the hard parts of the food are ſtopped in them: and all know that obſtruction is the cauſe of inflammation.

This inflammation is the gout: and it ſhews itſelf moſt naturally in the feet or hands, partly becauſe the bones and ligaments there

there compreſs the veſſels, and render any diſtention yet more difficult; and partly becauſe being moſt remote from the heart, the force of the blood is leaſt in thoſe parts.

It has been a cuſtom to name theſe ſolid or hard parts ſeparated from our food, Salts; and our countryman Cheyne, who adopts nearly this ſyſtem, calls them ſo: but it is an error, and it leads to errors. Salts diſſolve in water: this is their proper character: but chalk-ſtones of the gout do not. They reſemble in this reſpect the pebbles of our earth, which we know were once ſuſpended in a fluid, becauſe ſea-ſhells are often bedded in them; but having now concreted into lumps, no human art can diſunite them.

From this plain account of the gout we ſhall be able to judge who are moſt liable to it: and therefore where the preventing cautions are moſt needful. We ſhall learn alſo from it how to aſſiſt and relieve thoſe who actually ſuffer it. Tho' it be then too

late for cure: a great deal may be done by care in the diet, temper, and proper exerciſe; and ſomething more by the eaſy medicine here to be recommended.

In general, hard meats, high-ſeaſoned ſauces, and ſalted proviſions, abound moſt with thoſe particles which cauſe the gout: and the tartar in wines is plainly of the ſame nature. Therefore he who abſtains from theſe, will in a great degree rob the diſeaſe of its ſtrength; and render the other means of relief more effectual.

Exercise, which gives ſtrength to the circulation, will alſo tend greatly to prevent obſtructions in the ſmaller veſſels: and any medicine will be farther uſeful, which, without heat or irritation, can help to ſoften the too firm texture of the coats of thoſe ſmall veſſels, and to give an eaſy paſſage to their contents. On theſe principles is founded the regimen, which it is the purpoſe of the preſent treatiſe to recommend.

ALL know that cold hardens and contracts, and that heat ſoftens and dilates the parts of bodies. A bar of iron is ſmaller when cold, and thicker when hot; the thickneſs increaſing in proportion to the degree of the heat: and certainly what can affect a ſolid metal, has much more power upon our tender bodies.

THE cold air therefore is to be feared by thoſe who have the gout; and the feet ſhould be guarded always from it. For this reaſon they do well who reject the cold bath in the intervals, tho' ſome great names ſtand forth to recommend it.

DRYNESS of the ſkin hardens alſo the coats of the extreme veſſels; and by that hinders their dilation: whereas moiſture and warmth encourage both; and are for that reaſon always uſeful.

PERSPIRATION is eſſential to eaſe in fits of the gout, and equally to the lengthening of the intervals between them:

therefore whatever ſtops the pores is hurtful. All foulneſs ſtops them up in ſome degree; and conſequently one requiſite more to health, is cleanlineſs: and if we add to theſe, a mind at eaſe, we have all that we know of remedy.

CHAP. IV.

The Author's management of himſelf in the gout.

ON theſe principles I manage my feet in the following manner. I waſh them frequently with water juſt as warm as the fleſh; adding a little bran to ſoften it. By keeping a ſmall quantity on the fire, 'tis eaſy to continue the ſame warmth in the water; which the plain ſenſe of feeling firſt ſhewed to be right.

I WEAR ſhoes ſo large that the foot moves freely in them: for nothing is more plain, than that ſqueezing the parts hinders a free circulation: and they are made of the ſofteſt leather, lined throughout with flannel; and have cork ſoals.

I WEAR

I WEAR yarn ſtockings next the ſkin; and never walk or ride, when the air is either cold, or damp.

BY this means perſpiration is kept up conſtantly and uniformly in my feet; and my hands, when I am in the air, being defended by woollen gloves, have ſufficiently the ſame advantage.

MINE has been a degree of the diſeaſe almoſt of the extreme kind; ſuch as gouty men in the middle ſtage of life ſeldom have. For many years I have been accuſtomed to a fit in autumn, and another in ſpring; and ſometimes the autumn-fit has laſted through the whole winter. Before I uſed the regimen and medicine I am about to name, fits of five, ſix, or ſeven months, have ſometimes held me in the moſt ſevere agony: though going off they left no chalkſtones or ſwelling.

THIS being a common ſtate of the gout, and the relief I have found under it

having been very great; I therefore offer the method to the public: nor is it peculiarly to this degree of the diſeaſe it may be applied; for it will be uſeful in all.

I DRINK very little wine.

THE tea of Burdock Root is my breakfaſt, and ſometimes my ſupper: my dinner is that of other moderate people.

I AVOID beef, and pork: I prefer lamb, veal, and chickens, to other foods; but I am not ſo ſtrict as to refuſe the reſt when dreſſed plainly: my drink is malt-liquor, ſtrong and ſmall; and ſome white wine: and from this courſe of life, which neither I feel as a reſtraint, nor any body calls ſo, I receive the full benefit of abſtemiouſneſs.

I would have the gouty perſon never eat of many things, and then he will ſeldom eat immoderately; and when the call of nature only leads him, he will digeſt the food:

food: tho' not when ſpices irritate the ſtomach, and give him a falſe hunger. Roaſt meats he will find more nouriſhing than boil'd, for more of their own juices are in them: but of all things, let him avoid the modern cuſtom of eating them half raw: he who would tell us to do this, becauſe the beaſts of prey eat them bleeding, and are ſtrong; might as well bid us, in imitation of the ſame creatures, to go naked; they do their beſt: but God has given us reaſon.

Nothing ſits well upon the gouty ſtomach, that is not dreſs'd; and even the oyſter that we eat alive, never fails to agree better with ſuch conſtitutions ſtewed.

Whether fiſh ſhould, or ſhould not be eaten by gouty perſons, is a diſputed point: moſt writers are againſt it. What I have found is this; fiſh in general, ſalmon excepted, are innocent; but the ſauce is often miſchievous.

This is all the regulation under which

I lay myſelf, with reſpect to the quality of my foods: but I am careful in the quantity. In general, leſs than half a pound of meat is my dinner. This ſerves nature the four and twenty hours, without loading her. Whoever will regularly accuſtom his ſtomach to about the ſame quantity of food, will keep it in right order; and will obtain and preſerve that great article in the management of this diſeaſe, a good digeſtion.

My exerciſe I regulate by the weather: and this reduces it to four kinds: walking in my chamber when it is worſt, a carriage when it is ſomething better, when tolerably fine I go on horſeback, and in the fineſt of all I walk: not on the uneven ſtones of London, but on ſmooth ground, a half mile circuit of my garden; on a walk where there is a perfect level.

Authors preſcribe more robuſt exerciſes; but I find theſe ſufficient. Repeated experience has confirmed me in this

this opinion; and in the gout the great rule, under every article, is moderation.

CHAP. V.

The deſcription of the BURDOCK, *and the manner how to prepare the root.*

THE tea, of the advantages of which I have ſo much cauſe to boaſt, is made of the root of the great Burdock.

THAT no miſtake may prevent others from finding the ſame benefit, I ſhall be particular in regard to the plant itſelf, and alſo to the preparation.

WE have in England ſix ſpecies of Bardana, or Burdock: they all poſſeſs the ſame general virtues; but the kind which I have found beſt, and have always uſed, is the fourth ſpecies mentioned by RAY *, the WOOLLY-HEADED BURDOCK. This is called Lappa major montana capitu-

* Synopſis Plantar.

lis

lis tomentoſis, by Caſpar Bauhine; and Arctium by the earlieſt writers.

THE plant is common by way-ſides, and in waſte places; it very much reſembles the more common Burdock in form and ſtature; but may be known from it, when young, by the redneſs of its ſtalks; and when full grown, by its woolly heads. Linnæus ſuppoſes it only a variety of the common kind; but however that may be, I have found it poſſeſſes greater virtue, and as it is nearly as frequent, and is eaſily diſtinguiſhed, no other ſhould be uſed.

NATURE friendly to mankind, though too much neglected in her favours, has generally made thoſe things which are moſt uſeful, the moſt common, and moſt permanent. This plant, which grows every where at our doors, has a perennial root; fit for ſervice at all ſeaſons: and it ſhould be therefore gathered freſh every time for uſe: I have found its virtue is, in a great meaſure, loſt by keeping. When newly taken up, it is a cordial, diaphore-

tic, and diuretic medicine: when it has been kept ſome time, it is a diuretic only. All its virtues are uſeful in the gout; and therefore it ſhould be uſed juſt gathered.

CUT an ounce and half of this root, clean waſhed, into thin ſlices; pour on it a pint and half of water in a ſtone jar; cover the veſſel; and as ſoon as the liquor is cold, pour it off through a ſieve without preſſing. This quantity is two doſes; warm half of it moderately, and mix with each doſe half a pint of new milk and half an ounce of honey. Drink it alone, or eat it with bread for breakfaſt, and the remaining half in the ſame manner for ſupper. In the morning it may be made juſt as common Tea, and drank diſh after diſh, but this more regular way is better.

HOWEVER taken it is very pleaſant: the flavour is like that of the pea or bean-kind; and the infuſion or Tea of it, thus mixed with milk, taſtes like aſparagus, or young pea-ſoup: palates are various; but

but to me it is as agreeable as either of theſe: it ſits well upon the ſtomach; and promotes gentle perſpiration: 'tis lubricating, and deobſtruent: its principal operation is by urine, but that not violently; and it is at once ſerviceable againſt the diſeaſe for which it is given, and againſt that certain attendant on it, the ſtone or gravel. Perhaps, in this reſpect, it excels all other remedies.

In regard to the gout, it does all we ought to expect, or require of a medicine; unleſs we knew an abſolute, or ſpecific remedy. It ſoftens the too firm texture of the coats of the veſſels; it ſeparates the ſolid parts ſwallowed in our food to a due diſtance, if drank regularly in this manner; and while it keeps them out of thoſe cluſters, which would prevent their paſſage through the ſmalleſt veſſels; it lubricates and ſoftens thoſe veſſels on the inſide, and gives them a due diſtention. At the ſame time it refreſhes and invigorates the whole frame; promotes circulation as evidently as it

does

does perſpiration; and in a ſecondary manner aſſiſts the digeſtive faculties: for the ſtomach being charged but once in the twenty-four hours with ſolid, or coarſe food, according to this regimen; and that not in too large quantity, is able at all times to act properly upon it; and is not a little aſſiſted alſo by the medicine.

THUS, if I do not deceive myſelf extremely, this root poſſeſſes all the virtues we expect from long and perplexed courſes of medicines for the gout: and has their full effect; while it neither offends the ſtomach nor loads it.

THERE is alſo this farther advantage, that in taking it in the regular manner here directed, the patient has withal the benefit of a very excellent milk-courſe: for cow's milk, with this addition, is brought nearly to the ſtate of that of aſſes; and this is the moderate way of taking it; which alone is ſafe. The abſolute good effect of milk none can diſpute who have read of its effects, or ſeen them;

them; but the danger is in the abſolute change from a common courſe of life, to one ſo poor. This is a middle method: the effects of milk are improved by the medicine; and there is neither the danger attending on the entering upon ſuch a courſe; nor on the leaving it off again for a common diet.

WHAT I write of the great effect of this medicine; I alſo feel. Mine, tho' not the moſt terrible ſtate of the gout, was ſome years ago worſe than men uſually ſuffer at my time of life; but it is now reduced to a very ſlight degree. I have ſome ſeaſons eſcaped with two fits in the year, and theſe only of three weeks continuance each; one in autumn, and another in ſpring. And if the peculiar unfavourable nature of the ſeaſon at any time makes it worſe; if one fit follow another thro' the winter, ſtill they are the ſlighter for their number; and there are intervals of health between.

MORE than this, no man afflicted with

the gout ſhould even hope, unleſs an abſolute remedy ſhould ever be found: and thus much I can, in general caſes, promiſe to any one who will follow the ſame eaſy, convenient, and agreeable method.

CHAP. VI.

The conduct of a gouty perſon in the fits.

IN the time of fits I find bed the only proper place: the poſture is moſt favourable; ſweats are eaſieſt procured; and the limb may be moſt conveniently wrapped up in wool and flannels. Yet too much warmth, even in the fits, and much more in the intervals, may certainly be miſchievous. I fear the method of tying up the limbs in oil'd ſilk for a length of time during the fit, tho' it may have eas'd the pain has alſo lengthen'd the continuance; and left the ready means of ſtony concretions in the parts it has weakened: 'tis certain, thoſe who never had chalk-ſtones before, have been diſtreſs'd with them ſoon after uſing theſe contrivances.

I ALWAYS

I ALWAYS take to my bed immediately on the attack of the gout; and eat nothing ſolid for the two or three firſt days. The medicine with leſs milk is my uſual drink, and I find from it the double advantage of promoting perſpiration, and clearing the urinary paſſages; in which, otherwiſe from the poſture, and the diminiſhed quantity of urine, (in conſequence of the encreas'd perſpiration) gravel, and ſmall ſtones, otherwiſe would naturally be formed.

LET it be underſtood, that I ſpeak here of the gout alone. Theſe are the advantages of the medicine in moderate caſes: and in the very worſt, it will do proportionable ſervice; when that is the ſole diſorder. But this, tho' vulgarly ſaid to baniſh all other diſeaſes, is often joined with very bad ones.

THAT is always to be known by the complication of their ſymptoms; and, in that caſe, let no man who has not been

been bred to phyſic, truſt his own opinion. In the extreme degree which I ſhall name preſently; and in this caſe alſo, let a phyſician be called in: but, for the general courſe of the gout, the patient may manage himſelf very well by theſe directions. An honeſt phyſician, if called in, would do nothing; and for thoſe of another character, no care is too great to keep out of their hands.

CHAP. VII.

Of the different ſtages of the Gout.

HAVING explained the nature of the Root I wiſh to recommend; I ſhall add, for the information and relief of my fellow-ſufferers in this ſevere diſeaſe, a general account of the appearances of the gout under its different degrees; the occaſions of regular fits; and to the beſt of my power, its treatment in all circumſtances. Nor is the giving ſatisfaction to the minds of gouty perſons, a ſmall article toward their bodily relief; for a diſturbed imagination, and uneaſy temper,

aggravate all the ſymptoms. Perhaps too much has been ſaid upon this; but ſtill a great deal is true. Vexation proſtrates the appetite, and greatly prevents digeſtion. We ſay alſo it brings on bad habits, and chronic, and compleated diſeaſes; but we miſtake the effect often for the cauſe. When men are miſerably low-ſpirited, and ſorrowful, 'tis ſaid, diſeaſes follow from it; and ſometimes it may be ſo: but oftener, by far, men have diſeaſes, and ſickneſs makes them low and ſorrowful. I do not know that low ſpirits will produce a ſtone in the kidney; but I am moſt ſure, a ſtone in the kidney will occaſion moſt miſerable low ſpirits.

As the perſons moſt liable to the gout are the ingenious, active, and rich, their natural courſe of life contributes alſo to bring it on: they feed high, and give a looſe to the paſſions: and often, what they ſuppoſe their puniſhment, is their relief. A fit of the gout terminates ſymptoms which threaten ſomething worſe; and the head and ſtomach are

cleared by it, inſtantly, after long oppreſſions.

When a man feels himſelf uneaſy after meals; his ſtomach diſturbed with wind, his head dull and giddy, and the palms of his hands hot and dry; if his cheeks burn, and his breath be ſhort, and he have twitchings, and ſlight convulſions; let him, if he be ſubject to the gout, or have reaſon to expect he may be ſo, deſire and uſe all means to bring on a fit.

Nature is at ſuch times oppreſſed with the gouty matter; and is labouring in all this to throw it to the joints: and ſhe may be overpowered by it unleſs that can be accompliſhed. The ſevereſt fit is not to be dreaded on this occaſion; for it prevents, perhaps, an apoplexy.

The efforts of nature in this ſtruggle, bring on a fever, which continues with the fit; the pain and inflammation joining to keep it up: it is therefore a neceſſary ſymptom; and need give the patient no concern.

ALL this while the nights are moſt painful ; and the eaſier hours are thoſe toward the middle of the day. The pain, the inflammation, and the fever encreaſe at evening; and they naturally abate a little at the approach of morning. In perſons who have been long ſubject to the gout, it takes a fortnight, or longer, to make thoſe changes, which in others happen often in the four and twenty hours; and hence ariſes the different length of fits. Every fit of the gout is made up of many of theſe ſhorter fits ; and the general fit is longer or ſhorter, according as theſe are more or leſs in number.

A FORTNIGHT, or thereabout, is the moſt natural continuance of a regular fit of the gout in an unbroken conſtitution : when it gradually encreaſes at evening, and abates in the morning; this may be expected to be the period: and with the uſe of the medicine here recommended, in the fit, and during the

intervals, the patient may uſually promiſe himſelf this regular period for relief. Accidents may prolong the fit, or when it is over, may bring on relapſes: and againſt theſe he muſt be upon his guard.

No error is greater than that of a perſon riſing from a fit of the gout, deſiring to be well too ſoon.

After the perſpiratory regimen I have directed, the pores will be open; colds are then caught moſt eaſily; and the conſequence will be a relapſe: for though the gouty matter has been in a great degree diſcharged during the courſe of a regular fit; I never yet knew once the body ſo perfectly cleared of it, but that enough remained to furniſh out a ſecond attack, if the ill conduct of the patient expoſed him to ſuch danger.

With reſpect to the great article of chalk-ſtones, or concretions in the joints, we ſhould firſt be well aſſured what, and of what nature they are, before we attempt

to prevent them; if of the ſame compoſition with thoſe of the kidneys; and fixed air be an eſſential article; we ſhall be aſſured, that thoſe who have preſcribed an abſolutely vegetable diet in the gout, have taken large ſtrides toward producing them.

If any thing can diſſolve them out of the body, we ſhall at leaſt have advanced toward the knowledge of what may have a tendency to it within; and that which has but a tendency to diſſolve, may be abſolute in the prevention of their formation taken in time: he would deſerve well therefore of the world who would go thro' ſome trials of this kind; and from what I have ſeen, thoſe Plants which have an acrid milky juice, bid faireſt for ſucceſs.

CHAP. VIII.

Of the conduct of a gouty perſon in the intervals.

As the new recovered patient ſhould accuſtom himſelf to the free air by ſlow degrees; he ſhould be as careful alſo

alſo in the firſt uſe of the reſtor'd limb. I have more than once for the pride and pleaſure of walking acroſs a room, ſuffered a relapſe: and many a man by going out one day too ſoon, has been laid up again for twenty. Sydenham is indeed for ſudden airings: but experience here contradicts his doctrine.

When the feet are become really able to tread upon the ground, let the utmoſt care be yet taken to ſet them down at firſt ſlowly and evenly. A twiſt of the ankle by a rough ſtone will often bring on a fit, at a time when it was otherwiſe not at all to be expected: much more may any violence to the parts occaſion a relapſe while they are yet ſo weak.

If men ſubject to the gout ought to wiſh for fits at due times for the ſake of their health; and particularly to ſolicit them on the appearance of the ſymptoms I have named, which are expreſſive of nature's efforts to bring them on; ſo ought they alſo ſometimes to deſire them on

account of their peace of mind. The gout labouring ineffectually to a fit, gives the very worſt hypochondriacal ſymptoms that can ariſe; vain terrors, and melancholy, and unnatural peeviſhneſs: a fit in this caſe will always be a relief to the perſon himſelf, and to his friends.

WHETHER medicine can contribute to this happy event, experience has not taught me; and I follow no other guide: but what the patient ſhould not do at ſuch times is evident; though we are not ſo certain what he ſhould.

NATURE is at theſe times loaded and oppreſſed; let him not oppreſs her more by intemperance. Full meals are more to be dreaded than any other exceſs. Once I have, in theſe circumſtances, brought on a fit by carefully bathing my feet in warm water, and encreaſing the doſe of the Burdock: but whether the effect be, or be not conſtant, more trials muſt determine. The fit I thus brought on immediately followed the bathing; the

right

right foot continued in the ſame degree of heat with the water; while the other grew every inſtant more inflamed; and the gout poſſeſſed it fully before midnight. Towards morning the ſymptoms remitted a little; and the fit was a regular and moderate one of ſixteen days. The medicine brought on ſweats, which abated the fever, and the inflammation; and little more than the three firſt days could be called very painful.

With regard to a few ſuch days, there is a rational comfort in the very agony: for the ſharper the pain is at firſt, the ſhorter will be probably the fit; if no error, or neglect of care prolong it.

The ſhort period of the fit is not all that is foretold by extreme pain, during the firſt days of it: perfect health, till another fit, is the natural attendant on the ſame extremity: for the more exquiſite the pain is, the more perfect is the fit; and the more perfect that has been, the more healthful will always be the ſucceeding interval.

I have

I HAVE always found after a perfect fit (though it have been a ſhort one) appetite return; and with it good digeſtion: ſtrength ſoon recruited; free and lively ſpirits; and no return of any complaint whatſoever; till, in ſpite of all the effects of Burdock and a moderated temperance, nature has collected matter for another fit: and this being managed as the former, has given the ſame healthy interval afterwards.

IN general temperance is to be meaſured by our condition, and our cuſtoms; and in ſome degree by the cuſtoms of our fathers. He that ſuddenly leaves off all ſtrong liquors, hazards more miſchief than he can receive good; changes, to be effectual and ſafe muſt be determined, but gradual: to the water-drinker that may be mere drunkenneſs, which to thoſe uſed to a more ſocial life, is moderation; and 'tis folly to preſcribe total abſtinence from ſtrong liquors to the children of wine-drinking parents: More than our diſpoſitions

diſpoſitions to diſeaſes are hereditary; and he knows nothing of the human conſtitution who does not ſee hereditary as well as natural neceſſities.

My friends ſay, no man when free from the gout, is more perfectly free than I am. I believe it is true: and this is the reaſon. They and the world have here the whole method by which I have attained this degree of happineſs: and it ſhould have been made known ſooner, had the truth been ſooner ſufficiently aſcertained. The healths of mankind are not to be trifled with; and he is as criminal who publiſhes a remedy before he is aſſured of its ſucceſs; as he who keeps it ſecret afterwards.

Men complain who have frequent fits of the gout, but without juſt reaſon: for the more frequent they are, always they are the leſs violent. The quantity of gouty matter, after a long interval, is great; and the veſſels in ſo conſiderable a time of reſt have contracted themſelves more than ordinarily;

dinarily; and are leſs fit for letting it paſs: and this is always the caſe. On the contrary, in more frequent fits the quantity of the matter to be diſcharged is ſmall; and the paſſages are more open for its free courſe out of the body.

ALL that medicine is yet known to have power to effect, is to improve this ſtate of the veſſels: and ſo much it can. Temperance, and ſuch a remedy as is here propoſed, will reduce diſtant fits to the condition of thoſe which follow nearer upon one another: by what I have yet ſeen, I think it will prevent the diſeaſe from growing worſe in any ſtage: and even that, in one that is allowed to be incurable, is no ſmall advantage.

CHAP. IX.

Of imperfect fits of the gout.

THE great effort by which regular fits of the gout are brought on, is a ſtrong and powerful circulation. This is natural to gouty conſtitutions; but it is not

not univerſal. When this ſtrength is deficient, all the previous ſymptoms of the gout will appear; as ſhivering, fever, loſs of appetite, numbneſs, and at laſt, a gnawing pain in the parts where the inflammation might naturally be expected: but nothing more. This is a very unhappy caſe: pain would be here a real pleaſure; for it would be the ſure preſage of approaching eaſe.

The weakneſs of age is often the cauſe of theſe imperfect fits; and ſometimes a too low diet: frequently alſo the temperature of the air. In all theſe caſes, the great care is to do nothing that can obſtruct nature farther: and I have always found the Burdock Tea here recommended very effectual, For this purpoſe it will be beſt to enlarge the quantity of the root in the infuſion, without encreaſing that of the milk or honey.

The effect of an ill-managed gout in any ſtate, and perhaps of every gout in time, is to load the joints with chalk-

ſtones.

ſtones. This is a very deplorable circumſtance: but there is comfort with it; for then the pains are leſs.

THE cauſes of theſe concretions are a weakened circulation, and a farther hardening of the coats of the veſſels. The firſt may happen at any period, from accidents; but both are certain attendants on old age. The power of the heart grows leſs as men advance toward the natural termination of their life: we ſee evidently that the great artery near the heart always has its coat hardened by age: nay, ſometimes it is turned to a kind of bone.

LET the reader now conſider what has been laid down as the neceſſary courſe of relief in this diſorder, and he will at once ſee how he is to judge. The two great articles to be wiſhed, are, a free circulation of the blood, and a ſoftening of the coats of the veſſels: but no medicine can do this when the heart has loſt its force, and the coats of the veſſels are naturally and neceſſarily hardened. One firſt cauſe of the

gout

gout was that hardneſs of the veſſels, and this encreaſe of it muſt encreaſe the diſeaſe.

But there is comfort yet for thoſe whom the gout has preſerved to know this period. They have by that time reached toward the full, and poſſible extent of human life; and without their diſorder, age itſelf would call them ſoon from this ſtage of being. It muſt be alſo obſerved, that though the load be greater on the parts, the pains are leſs: for the organs have loſt ſomething of their former delicate ſenſibility.

The occaſion of theſe concretions is plain: the matter which cauſes the gout is thrown upon the parts from whence it has been uſed to be diſcharged; but neither the nature of the veſſels, nor the power of the circulation any longer favour, or ſupport that conſequence. The quantity which ſhould have been thrown off is left upon the limb; and at every fit more is added: for the powers of nature are every time weaker;

weaker; and the firſt lodged quantity is an additional obſtruction to all the reſt.

By degrees the matter of the gout now becomes the object of our ſenſes. Thoſe hard particles which are ſwallowed with our food, appear ſeparated from it: that about which we have before reaſoned we can now ſee; and the certainty of the doctrine eſtabliſhes the method of relief.

Particular conſtitutions, and peculiar frames of body, may ſhew this miſchief ſooner; for a weak circulation, and very firm coats of the extreme veſſels, may put youth in ſome degree on the level with old age: and in that caſe, the ſame effects muſt follow. It is to this we muſt attribute chalk-ſtones in young men. And 'tis not an idle ſpeculation that diſcovers this; for the cauſe being known, the event may be expected; and we know alſo how to attempt a timely relief.

A languid circulation is diſcovered in the pulſe: and although the too great firmneſs

neſs of the coats of the extreme veſſels be not ſo immediately the object of ſenſe; yet it may be in ſome meaſure perceived in the general habit of the body. A young man in this ſtate ſhould be doubly careful in the intervals of his fits: every thing ſhould be obſerved that can promote, aſſiſt, and invigorate the powers of the heart; and the ſtrength of circulation: and double care muſt be taken to keep thoſe parts, which the gout naturally attacks, free, ſoft, and open.

THUS, perhaps, by the ſingle medicine here recommended, what is ſo early lamented in ſome, may be obviated in others; and years of miſery prevented in many valuable lives.

LABOUR preſerves the poor from the gout by the aſſiſtance which it gives the circulation. Exerciſe in part ſupplies its place with men of better fortune: but they uſe too little; and even when they have done their utmoſt in it, ſomething more is neceſſary; becauſe this is not equal

to the want. What the peaſant finds from labour, and the nobleman ſeeks from exerciſe, is to prevent thick fluids ſtagnating and lodging on particular parts: he who can direct a remedy which ſhall attenuate thoſe fluids; will enable exerciſe to do the office of labour: And this I have found the Burdock Root, taken in the ſimple form of tea, will in ſome degree effect: in ſome degree only; for could it do it perfectly, it would cure the gout; which never can be cured. But the aſſiſting nature in any degree this way, muſt and will, and does alleviate that which nothing can cure.

CHAP. X.

The nature of the gout in old perſons.

THE fits in old men who have arrived alſo at an advanced ſtage of the diſeaſe, are more frequent, and of longer continuance than in others: but the extremity of pain is over. The chalk-ſtones are very long in forming: there is not any violent anguiſh in this operation

operation of nature: and they may at the worſt be taken out without much pain. Indeed they hurt the power of motion in thoſe joints which they affect; nor does the removing them reſtore the ſtrength of the part: it only eaſes the patient of the incumbrance. The worſt is, theſe ſtones will appear in other joints beſide thoſe which the gout originally, moſt naturally, and moſt painfully attacks: but the patient feels leſs than he would otherwiſe even from this cauſe; for the divided force of the diſeaſe is weaker.

THIS is the worſt ſtate of the gout wherein the patient can be truſted with the care of his own health; but thus far he may. The laſt and ſevereſt ſtage of all; and which is moſt frequent in thoſe who have gone through all the others, is the gout's leaving the extreme parts, and falling upon the head, the ſtomach, or other of the nobler organs.

IN this caſe, the beſt power of the

phyſician is neceſſary; let it therefore be timely called in: and let the patient eſteem him a maſter of his profeſſion, who is able to procure him even but a little relief. The abſolute weakneſs of nature is the cauſe of his misfortune; and he who can give her ſtrength under any circumſtances, deſerves great honour: but where debauches have deſtroyed the very principles of life, or where they are worn out by age, the power of art is very limited.

CHAP. XI.

Of venery in the gout.

THE reader unaccuſtomed to medical reſearches, thus ſees in a plain view what the gout truly is; and in general what favours; and what oppoſes its generation in the body.

IF his anceſtors have been afflicted with it, and he dreads the ſtroke at ſome future period of his life; or, if having been initiated by ſlight attacks, his hours paſs in painful expectation of worſe; he ſees the great

great rock he is to avoid; which is, intemperance in food and drink: but there is another point as needful to be diſcuſs'd, perhaps more needful, becauſe leſs underſtood; and that is, the commerce with women.

'Tis difficult to treat ſuch a ſubject without an appearance of ill-timed pleaſantry: but he who reads with the ſpirit wherein this is written, will not trifle ſo much with himſelf, or me, as to loſe ſight of the real purpoſe of the enquiry.

From the earlieſt time intemperance and debauchery have been forbidden in this diſeaſe; and under that general denomination, venery has been univerſally underſtood to be included. The old phyſicians were againſt all indulgence of this kind for gouty people: and ſtern Dolæus makes it an article of his milk-regimen, that men abſtain from women ſtrictly for a year.

Let me be underſtood rightly, when I

 declare

declare againſt this doctrine. All things in exceſs are bad; and he who gives a looſe to ridiculous and immoderate deſires of this kind, will do himſelf injury, whether he have the gout or not. Indeed it is peculiarly wrong in this diſeaſe; becauſe exceſſes of this kind weaken a conſtitution; and we have ſhewn the gout wants all its vigour.

As for a moderate commerce with the other ſex, far from enfeebling nature, it preſerves her in a right ſtate: it was intended in our conſtruction; and is required by our conſtitution: but this is all. He who ſwallows cantharides to provoke ſenſations, for which he is not ſupplied by nature, is little better than a mad-man: and the unhappy idiot, whoſe wild paſſions join the pox with the gout, deſerves more pity than he is like to find.

These are the follies of the paſſion; not its natural ſtate. God intended an union between the ſexes; and the laws eſtabliſh it in a decent, proper, and happy manner.

Every

Every man ſubject to the gout ſhould marry: and in that ſtate, if himſelf be honeſt, and his wife have not thrown off the modeſty of her ſex, all that will naturally happen in this kind he may be aſſured is for his benefit.

THIS is moderation, without reſtraint: 'tis temperance; but not abſtemiouſneſs: it is living as nature purpoſed; enjoying her ſatisfactions, not abuſing them: and here, as in every thing elſe, he who truly underſtands what is natural; will find it is right. It muſt be ſo: for what we expreſs by nature, means the operation and management of the deity; and he is incapable of error.

WHY ſhould any ſuppoſe the gouty perſon denied, in decent moderation, this ſupreme delight of the human being? of all men nature prompts him to it moſt; and in him it is no falſe ſtimulation: the conſtruction of body, which makes him liable to the gout, gives him alſo peculiar vigour: and he who follows the fooliſh

counſel of thoſe who wrote their regimens, when they had outlived this ſenſe, will do himſelf as much injury by a forced abſtaining from it, as the inconſiderate youth can by his too free indulgence.

LET it not be ſuppoſed men ſhould, for this reaſon, ſollicit appetites: let them wait till appetites ſollicit them; and when the period of life is come, wherein nature no more reminds them of the folly of thoſe phyſicians, then let them obſerve their doctrines.

I HAVE ſaid this is a delicate ſubject to write upon: and it is alſo delicate in the patient's management. The certain and infallible rule muſt be this: let him obſerve the abſolute demands of nature: if he urge theſe upon his mind, he deceives himſelf; and if when they are real, he rejects them, the miſchief is as great. The conduct of life in this reſpect is of high importance to the gouty patient; and there is none in which his reaſon will more faithfully direct him: but to enjoy

her influence, he muſt give her the abſolute reins.

High feeding is too common among gouty people; and it has been forbidden in the eaſy regimen directed here: but if any will, in contradiction to this advice, indulge in it, let him remember he is not in a ſtate of nature: his blood and juices are inflamed; and he may have abſolute, which yet are not natural, ſolicitations. High ſauces are cantharides in a lower degree; and their power on the conſtitution being alike, the like effects muſt be expected from them.

In this abſurd courſe men give abundant matter to the diſeaſe by their intemperance; and by indulging the ſtimulation it occaſions beyond the purpoſes, or healthful powers of nature, they at once load the blood with gouty particles, and enfeeble the circulation, ſo that it cannot throw them off: therefore they periſh. The ſtomach or the head become the ſeat of the diſeaſe, and they fall at once by an apoplexy; or more miſerably from perfect indigeſtion.

THIS is the difference between rational enjoyment, and brutal indulgence; between the uſe and the abuſe of pleaſures.

CHAP. XII.

Of diſcharging the chalky matter of the gout by urine.

WHETHER new formed concretions of gouty matter can be diſſolved, is doubtful; that old ones cannot, is moſt certain: but thus much is alſo ſure, that if they can be prevented, or, when new, diſſolved by any thing, the Bark of the Shrub Mezereon promiſes beſt to effect it. I have ſeen inſtances in a few perſons that ſeem to promiſe it; but 'tis not from a few that any thing can be infer'd with ſafety. If Phyſicians will give it carefully, and for a continuance, perhaps the event may anſwer.

IN that critical and dangerous caſe, wherein nature is labouring to bring on a fit of the gout in the extremities, but from

from a heedleſs or vicious courſe of life is unable to effect it; the great hope that remains, is to give it a diſcharge ſome other way, ſince it cannot be thrown upon the proper parts. It has been ſaid, and it may eaſily be proved, that the gouty matter of the joints, and the gravelly matter of the kidneys, are very nearly the ſame: the beſt chance therefore is to be had by giving it this courſe: but in that attempt all violence is dangerous: what I have found is, that doubling the doſes, the Burdock Root has performed great things. No ill can attend it; and the hope of advantage is rational, and great.

SINCE the laſt edition of the preſent treatiſe, I have found in my own caſe this effect of Burdock in a very peculiar manner. On the ninth of July 1770, I was regularly attacked by the gout, after a ten weeks interval: I took large doſes of the infuſion, and voided a vaſt quantity of gravel: the pain and fever went off in twenty-four hours, and I walked again in a week.

ALL

ALL outward applications to the feet and hands, when the gout is in thoſe parts, are wrong: the diſeaſe is already where it ſhould be; and nothing is required but giving the matter of it a free paſſage. And the internal means we have propoſed do that. Nothing can be ſo dangerous as driving it from theſe parts; or preventing its perſpiring through them: and there is great reaſon to fear, that all the compoſitions which have been deviſed for external uſe, tend to one or other of theſe conſequences.

LET the patient firſt conſider that he cannot be cured: then let him apply all his endeavours to palliate the ſymptoms of a diſeaſe, which he muſt bear for life; and let him be as eaſy as he can under what he muſt endure.

EXERCISE, temperance, and a quiet mind, are the great articles of relief: theſe are all in his power; though perhaps there requires a command of himſelf to enjoy

enjoy the benefit of either: the patient in this caſe muſt be his own phyſician; and the beſt medicine for the gout is a true philoſophy.

EVERY high meal gives ſtrength to the diſeaſe; and every immoderate paſſion inflames its vehemence. The beſt indulgence of the appetites is not worth the pain of this diſorder: paſſions which encreaſe its violence, diſturb and diſtreſs the perſon while he indulges them: and beſide this painful conſequence, they never fail to be themſelves their puniſhment.

CHAP. XIII.

Of air and exerciſe.

IT has been obſerved, that certain ſeaſons are unfriendly to the gout; and the truth of this will be obvious to any who obſerve the condition of perſons in general afflicted with this diſeaſe. There are winters in which they are all laid up for a long time; and others when they in gene-

ral

ral eſcape well. As nothing but the temperature of the air can be the occaſion of this, we ſee how much gouty people depend upon its good condition. This may lead them to conſider the air at all times, as a very eſſential article; and they will on more examination find it truly is ſo.

The air of London, clogg'd with ſea-coal ſmoak, and tainted with a multitude of foul, unpleaſant, and unwholeſome exhalations, cannot be proper for men, whoſe eaſe, and perhaps life itſelf, depend upon a good digeſtion; and free courſe of the blood.

Plants cannot live in the air of London; or even near it, healthfully: our organs are much more delicate than theirs; and we often attribute to wrong cauſes, the miſchiefs which ariſe ſolely from this. If buſineſs, or unconquerable fancy, fix a gouty perſon in London, let him chuſe a part near the outſkirts of it, and upon high ground: and let him on every occaſion that offers, get into the clear air, if only for a few hours.

An

An abſolute reſidence in the country is much more healthful: but where the company and amuſements of this gay place, have power to detain ſuch a perſon in it for winter, let him recruit in ſummer, in the pure air; and lay in a ſtock of vigour for combating the pains and ſickneſs of the enſuing ſeaſon.

An abſolute country life is certainly the moſt healthful: but whether it be this, or a partial one the gouty man can enjoy, let the ſituation be choſen with care. Bleak hills, and damp low grounds, are equally unwholeſome; and equally improper for the gouty: and clayey ſoils are always bad, becauſe they detain a continual moiſture. His beſt ſituation will be on the gentle ſlope of a lightly riſing ground; where the autumnal *blue-bell* and *wild-thyme* paint and perfume the ſurface; and where the ſoil is gravel: where there are few trees, and where there is ſome running water.

He who will fix himſelf on ſuch a ſpot as this, and enjoy life with temperate moderation, needs not envy or deſire the baths of Aix, or the ſoft air of the ſouth of France; or any other natural advantage under heaven.

Let him here uſe moderate exerciſe; and avoid damps and cold: allow himſelf but one ſolid meal a day; and when he grows towards the decline of life, have his phyſician near. Himſelf will be able with prudence, and a due command of his appetites, to manage his diſeaſe till that period; and his mind will be at eaſe when he knows the help that may poſſibly be needed is not too remote. He will thus diſarm an enemy he cannot conquer; and though under the reſtraint of temperance and care, will lead a happier life than thoſe who fancying they are out of this one danger, expoſe themſelves idly to a thouſand.

When a fit comes on, let him be abſtemious;

ſtemious; yet let him not deny nature her ſupport. They err who adviſe ſtrong wines in their natural condition, under pretence of freeing the ſtomach from the diſeaſe, when it is free already: but ſomething in this way ſhould be done; and they miſtake as much who, avoiding that, keep themſelves too low.

CHAP. XIV.

Of the diet and drink of the gouty.

THE gout in regular fits is already where it ſhould be; and what can be deſired more? ſtrong wines inflame fevers, and increaſe and aggravate an inflammation; and under both theſe the patient labours at that time. The ſtomach is well; therefore it requires no medicine; and what is given vainly for that end, inflames the other ſymptoms.

LET the wine which is uſed be ſtrong and good in its kind; but till the decline

of the fit, let it be given only in form of whey. The patient has thus all its ſtrength; though leſs of its bad qualities: and while it gives him ſpirits to endure the pain, it aſſiſts that perſpiration by which he hopes to be relieved.

UNLESS particular accidents determine otherwiſe, white wine is preferable to red: but when a purging comes on during the fit, that ſhould be changed for common Port. A great deal of care ſhould be taken to get the wine good in its kind: and of all others I have found LUCINA WINE the moſt excellent. Often a change of the ſort of wine alone, will anſwer the purpoſe of ſtopping that bad ſymptom. It is not common; for heat and ſweating naturally incline the bowels to the other extream: but when it happens, ſome care ſhould be taken, leſt it interfere with the right purpoſes of nature.

SOME have ventured to give, and to recommend in the gout, liquors ſtronger than

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wine: but they are never neceſſary, and they may be hurtful. Porter I have found infinitely refreſhing; and it tends to keep the body open: but 'tis only a little muſt be allowed.

When the fit is going off, the moſt adviſeable conduct is to abate of the quantity of wine; and make up the difference in boiled chicken, chicken broth, and other things; which will recruit the ſtrength: for ſpirits naturally follow.

The diet of the intervals has been in general directed already: but there are ſtill ſome articles of it to be conſidered.

The ſmall beer that is drank muſt be regarded with great care: 'tis equally miſchievous if too new or too ſtale; and 'tis rarely without great care one finds ſuch as is not in one extream or the other.

In this, and in the porter, which I have

allowed myſelf, in, as well as out of the fits, with moderation, the eye can be in a great meaſure a judge: at leaſt it will ſerve as an outguard; to put the reſt of the ſenſes upon their caution. The gouty perſon ſhould never drink malt liquor but in a glaſs; and if he ſees it is not perfectly clear, he muſt ſet it away at once. It may be ſour when it is perfectly fine; but of that the firſt ſip gives notice. As to muddineſs, 'tis always a proof that 'tis unfit for uſe.

BROWN bread, I mean ſuch as is made with a little of the bran in it, is preferable vaſtly to what is perfectly white; for it tends to keep the bowels open: the fineſt and whiteſt, from the alum in its compoſition, has a contrary tendency. There is not ſo much of this wicked ingredient ever uſed as to bring on immediate ill ſymptoms: but he that is ſubject to the gout ſhould be upon his guard againſt the moſt remote: even tendencies to ill, are ill to him.

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I TREMBLE at the thought of changing bread for biſcuit; and much more at making any other violent alteration as to the great article of our diet: for none is ſo perfectly wholeſome. There are countries where other vegetable matters are ſubſtituted in the place of corn; but what nation ſhews a people ſo ſtrong, ſo ſpirited, ſo perfect men, as England; or ſubject to ſo few diſtreſsful national diſeaſes?

A THIRD part of the world feed on rice inſtead of corn; and of that third, almoſt an eighth loſe their ſight unnaturally early. Rice will not make into bread, but is eaten in its own form boil'd: and the want of that fermented condition which renders it always ready, with heat and moiſture, to ferment again, robs the eaters of it of that excellent aſſiſtance the ſtomach receives from bread in that ſtate.

Our ſtomach acts upon the food by motion, and alſo by a gentle, but yet powerful diſſolvent: rob it of either of theſe, and digeſtion fails. The natural diſſolvent of the ſtomach is a moderately acid juice: this being conſtantly conſumed is conſtantly waſted, and needs a perpetual ſupply: with us it finds that ſupply perpetually from bread; which ſoon acquires this needful ſourneſs in the ſtomach, and is delivered down into the guts, before it has too much of it; and perfects there the natural good offices it had begun in the ſtomach.

In Ireland, where potatoes ſupply the place of bread to the poor, they all grow old before their time; and tho' too poor for intemperance, too laborious for indolence, and too vacant of mind for tireſome contemplation, yet have they, from the mere want of this needful acid in the ſtomach, all the diſeaſes of lazineſs, and luxury, and delicate ſenſation.

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Whether vegetables in great quantity, be or be not uſeful in the gout, has been long diſputed, and is yet undetermined: that, in a moderate uſe, they are good, is obvious: but that a vegetable diet may not encreaſe the diſeaſe, is far from being known by experience; thus much is certain, and is worth regard. The nature of the gout and the ſea-ſcurvy are ſo oppoſite, that no man ever ſuffered both together. Gouty men who have fallen into this ſcurvy, have conſtantly eſcaped the

gout

gout the while. Now vegetables cure this ſea-ſcurvy: may we not fear them therefore in the gout?

Under the article of moderation there comes one conſideration more; which regards the time of bed.

LATE hours at night, tho' accompanied with no other kind of irregularity, are in themſelves hurtful. The gouty perſon underſtands that he ſhould never venture into too cold an air; for violent or unaccuſtomed chillings of the fleſh are in a high degree hurtful. The night-air is always cold; and it is often damp withal: in any condition it is dangerous to thoſe ſubject to this diſorder; but where there is dampneſs with the cold, 'tis worſt of all.

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our anceſtors roſe with the ſun, and went to bed at his ſetting. Nothing like this can be expected now; for he who does not conform in ſome degree to the cuſtoms of the world, gives up the advantages of ſociety: but let the proper leſſon ſtill be kept in mind; and let nothing tempt the gouty man to accompany thoſe who are exempt from that diſorder, in midnight entertainments.

'Tis eſſential to the health of many to riſe early: and this ſingle caution would remove the complaints of half the vapoured people in the kingdom. To get up betimes, is with moſt men to procure good ſpirits for the day; and none have more need of them than thoſe who have ſuffered under the tyranny of this diſorder. Early going to bed naturally leads to this: and it has thus the double advantage of its own benefit, and of diſpoſing the perſon to another.

In the courſe of life here adviſed, there is nothing ſevere: nor does the preſcribed diet deſerve the name of abſtemiouſneſs. The perſon who obſerves it, will always find himſelf in better health, better eaſe, and better ſpirits for it: and he will be doing continually all that can be done for his relief in the diſeaſe. His careful regimen will prevent the adding fuel to its conſtant fire: and by avoiding high-ſeaſoned diſhes, he will obviate the great encreaſe of the gouty matter.

By this tea, or infuſion of Burdock Root, he will be widening the veſſels, and ſoftening their coats; while it alſo promotes a diſcharge of the very matter of the gout by urine: and when from peculiar circumſtances theſe aſſiſtances are not ſufficiently effectual; when that matter accumulates, and loads the frame; the ſtrength of circulation, which moderate exerciſe joined to a temperate life have given

given him, will be ſufficient to throw it to the feet; and he will, after the leſſened pain of a regular fit, diſcharge it freely there.

THUS he, who begins the due courſe in time, will arrive probably at old age under very moderate aſſaults of the diſeaſe; and thoſe who enter on it later will not fail to obtain a proportioned advantage. The method is proper for the gouty at all times: though it cannot under all circumſtances afford equal benefit.

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Thus he, who begins the due course in time, will arrive probably at old age under very moderate assaults of the disease: and those who enter on it later will not fail to obtain a proportioned advantage. The method is proper for the gouty at all times: though it cannot under all circumstances afford equal benefit.

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